



Uniper User Guide



Get to know Uniper



Review the Remote



**Learn About Uniper's
Features**



**Next Steps and
Support Information**

What is Uniper?

Uniper helps you improve your health, pursue your passions, make new friends and stay connected, all from the comfort of your home via your TV!

We help older adults age in place together and
CONNECT TO LIFE.

Some of the **benefits** of using Uniper:



Expand your Horizons

Meet new people and stay connected with friends & family.



Stay Active

People over 65 who exercise at least three times a week reduce the rate of falls by 42%.

National Library of Medicine



Connect to Community

Staying engaged and active in the world are key factors in staying healthy.

This is the Uniper Remote

Please use your TV remote to adjust the TV's volume and channels.

Home Button

Back Button

Turning the
Microphone
On & Off

Press this button.



Navigation

To Navigate on your TV Screen use the Arrows and OK Buttons.



Pro Tip:

Make sure you don't cover the Microphone area.

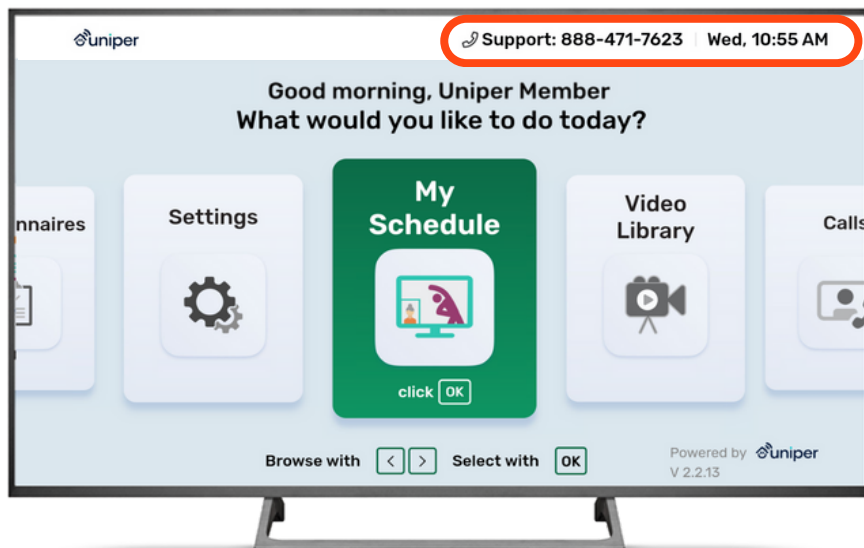


This is the Home Menu

From here you can use your Uniper Remote to access all your UniTV features!

Pro Tip:

You can always find our Support Number at the top of your Home Menu along with the day and time.

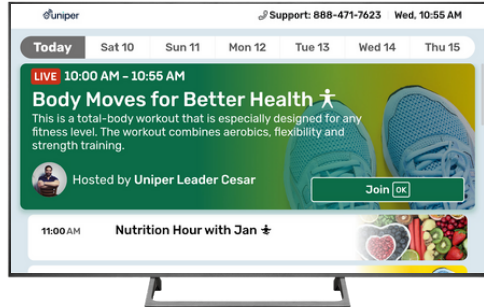


This is the **My Schedule** Tile

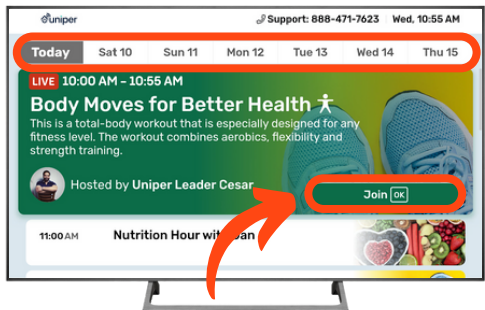
From here, you can access all Activities, and easily see 6 days ahead, so you can plan your week!



Use the up and down arrows on your remote to view all the Activities on a specific day.



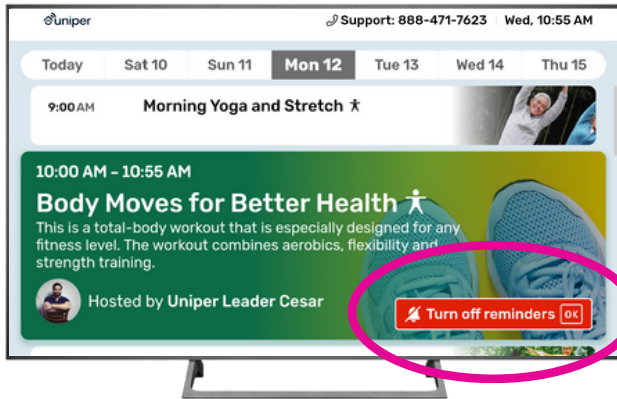
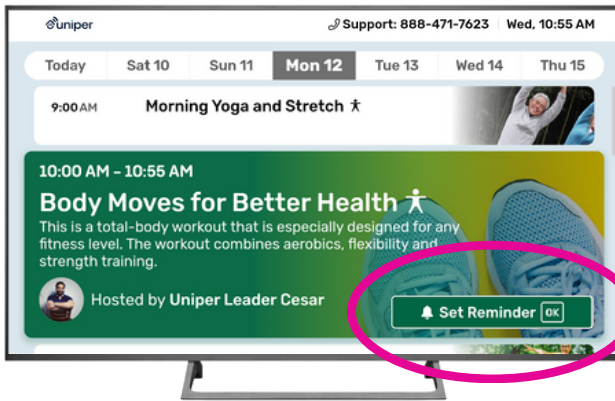
Use the left and right arrows on your remote to view Activities on different days.



To join an Activity, click on the **Join OK** button.



Uniper Reminders



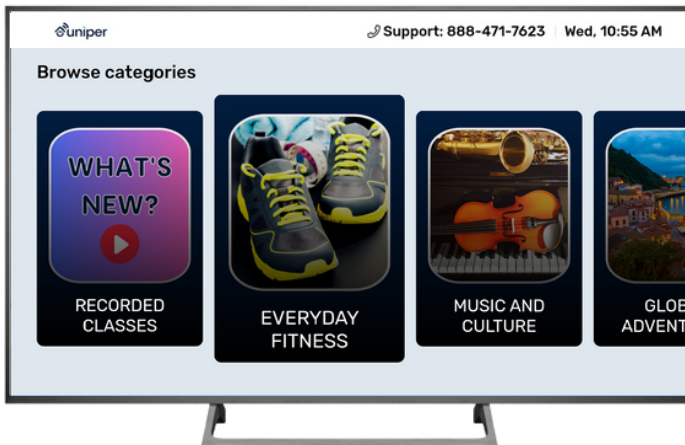
HOW TO USE Reminders:

- If you would like to receive a Phone Call & Text Message Reminder for a class, use the "OK" button on your remote to click the green **Set Reminder** option.
- If you would like to stop receiving Phone Call & Text Message Reminders for a class, use the "OK" button on your remote to click the red **Turn off reminders** option.

This is the **Video Library** Tile



Navigate to the **Video Library** tile and press the OK button on your remote to view all of our Videos.



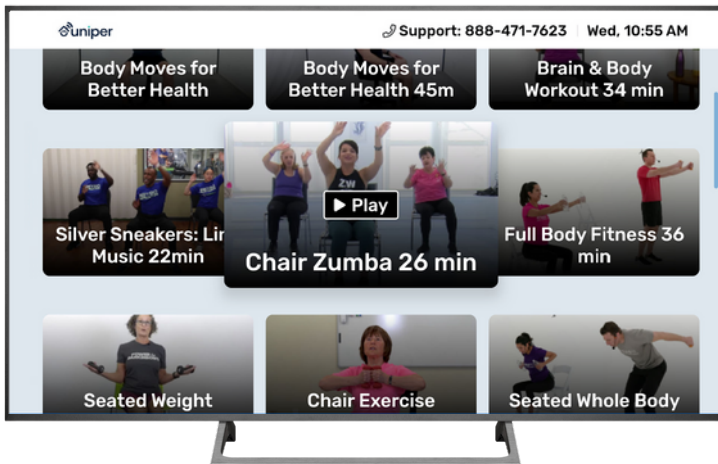
The Video Library features numerous **Main Folders**, each housing a variety of videos and sub-categories.

For example, if you select the **Everyday Fitness folder**, you will see many **Sub-Categories**.

Inside the **Video Library**



In the **Sub-Categories** screen, you will find groupings of videos, such as Seated Exercises, Standing Exercises, etc.



In each **Sub-Category**, you will find several videos. Navigate to a video and press the OK button to view the video.

This is what you will see when you are in a Live Activity



Use the Uniper Remote To:

Turn the camera on and off



Turn the Microphone on and off

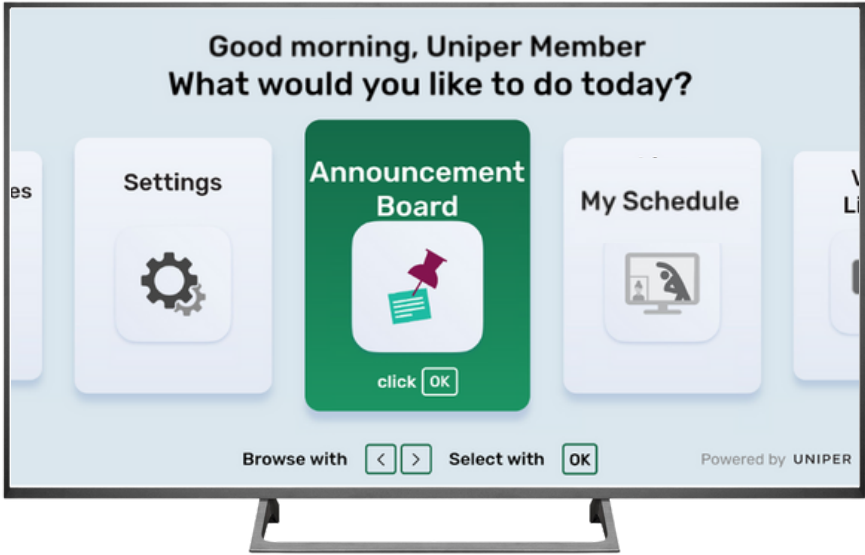


Switch from Speaker View to Gallery View



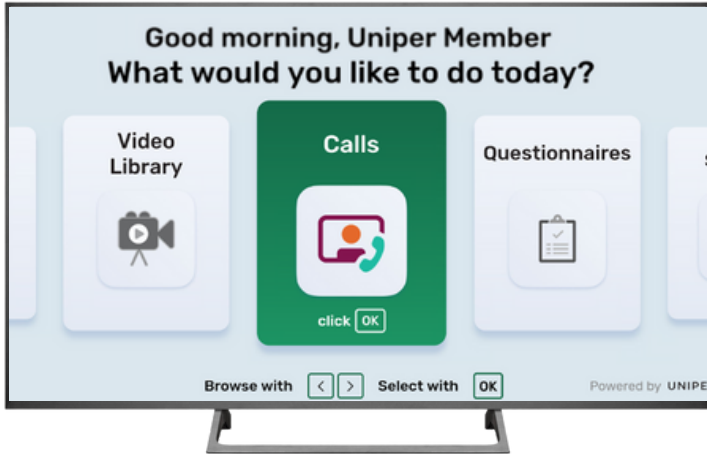
Use the left and right arrows on the remote to move between options and press the OK button to turn the features on and off.

This is the Announcement Board Tile



Here you can find our monthly schedules, class descriptions, and flyers about special events.

This is the Video Calling Tile



With Video Calling you can invite and connect with friends & family!

Want to learn more about Video Calling?



In the Video Library, you can find helpful videos about Video Calling in the "Orientation" folder.

Explore all Uniper has to offer!



Uniper is a **FREE** service offered to you by your local provider.

We highly recommend using Uniper 2 to 3 times a week to receive the maximum benefits of this great service!

Next Steps after Installation:

- A Uniper staff member will contact you to practice.
- Save our Uniper Support number so you know when we are calling!

888-471-7623

The most important thing is to
HAVE FUN!


Welcome to the Uniper Family.

Check Out Uniper Games!



A Full Orientation Video
is located in the
"Orientation" Folder
in the Video Library.

*If you ever need assistance, please reach out,
we are here for you.*

 (888) 471-7623
M-F 8 am to 8 pm (ET)

 help@uniper-care.com